5+ 2 1 0 growing healthy families

2

Screen time is any time spent focused on a TV, computer, or video game. Families spend almost six hours per day in front of screens.

Too much screen time affects our health.

- We don't get enough physical activity.
- We often snack while watching TV or using the computer.
- Children with a computer or TV in their bedrooms tend to perform poorly at school.
- Children who are unsupervised during screen time may be exposed to violence, sexual content, and adult language.
- Advertisers target children with messages that promote unhealthy foods.
- Television keeps children younger than 2 years old from more interactive activities that promote proper brain development, such as talking, playing, singing, and reading with adults.

Tips for reducing screen time:

- Steer children toward other activities. Take them outside to play, turn on some music and dance, or encourage them to read a book.
- Move the TV to a central location in your home and and only allow it to be on for a set amount of time.

2

- Do not allow children to eat in front of the TV or computer.

- Keep the TV turned off during meal time.

- Don't put a TV in the bedroom.

- Watch TV with your children. Teach them to be smart viewers.

- Monitor what your children are viewing on TV and on the computer.

- Participate in National TV Turn Off Week

- Set daily time limits on TV and computer use, no more than 1 to 2 hours of quality programming per day.

- Parents, set a good example by limiting your own TV and computer time and moving more every day.

For a healthy family, give your children these gifts:
- Discipline

- Structure

- Good examples

- Good information

- Healthy snacks and meals.

5+2–1–0 Benefits for Families:
- Increased energy

- Improved ability to cope with stress or anxiety

- Responsible, healthy children who grow up knowing how to make smart choices and maintain a healthy weight

- Fewer visits to doctors and dentists.

D H E C

PROMOTE PROTECT PROSPER

South Carolina Department of Health
and Environmental Control

www.scdhec.gov

We promote and protect the health of the public and the environment.